

**SOUTHERN AREA  
LOCALITY PLANNING GROUPS**



**ISSUE 96**  
19th January 2023



## WELCOME

Welcome to Issue 96 of our information bulletin, 'FYI' (For Your Information).

On [Page 6](#) you will see an invitation to join us for a Zoom chat on recruiting and retaining staff and volunteers. We have had a number of representatives tell us at LPG meetings that they are having difficulties in attracting staff and volunteers to help maintain their great services. Please let us know if you wish to join in the conversation and look at creative ways to overcome this obstacle.

Children's Mental Health Week will take place from 6 to 12<sup>th</sup> February 2023, with this year's theme being "Let's Connect". We therefore invite any service or organisation to promote your work on emotional wellbeing and mental health, by sending information on your service, programme, resources or links that can help connect our readership of practitioners and families. We look forward to hearing from you!

**Locality Development Team, Southern Area**

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CYPSP have just published their **Northern Ireland Outcome Monitoring Report 2021/22** full of multi-agency population and available census data

Download your copy now [HERE](#)

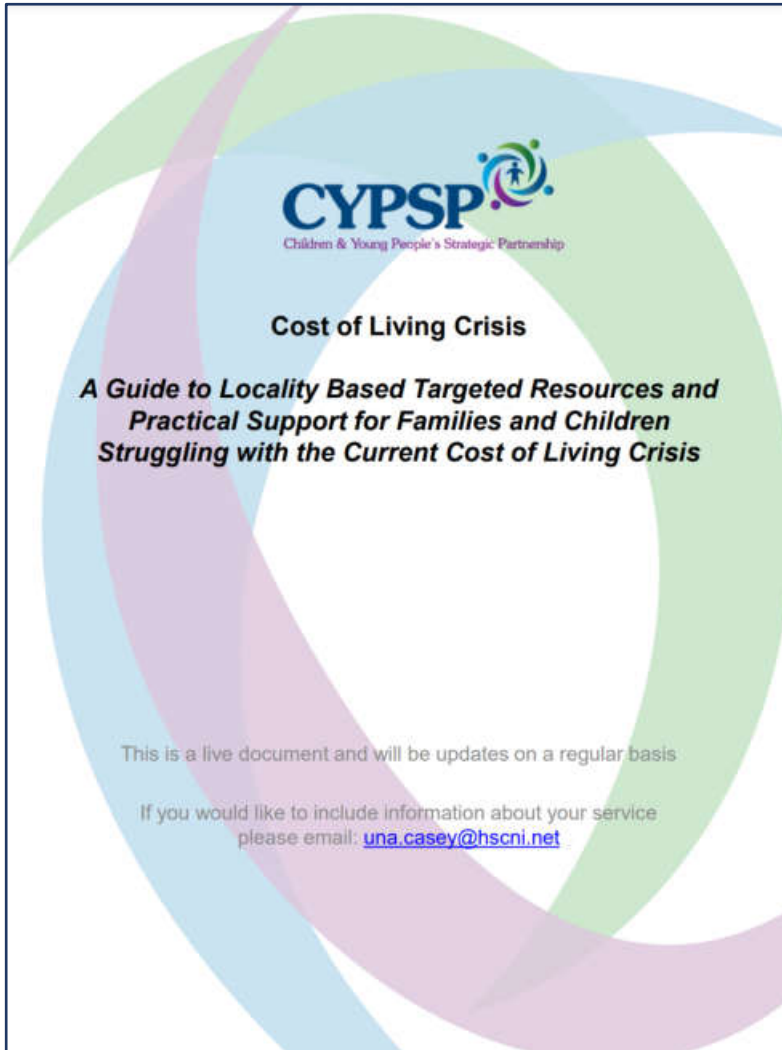
This is a great resource for assessing need, integrated planning and evidence for anyone applying for new funding opportunities

This 11th Outcome Monitoring Report shows how children and young people in Northern Ireland are doing in relation to the Government's eight outcomes and covers the period 2015 up to 2022 (where available)

The report presents the information collected against agreed indicators for each outcome, providing trend analysis over time and comparison across geographical sectors

This report will be kept as a live report under the publications page on the CYPSP website with information being updated as it becomes available - we have highlighted in the index where we are still awaiting data

Please share widely!



If you work with children and families who are struggling with the current cost of living crisis, make sure to check out CYPSP's **Cost of Living Crisis Resource** which provides details of targeted resources and support across the region [HERE](#)

This resource is a live document and is updated regularly

For those families whose first language is not English, the resource is fully translatable into over 100+ languages using Reachdeck on the Translation Hub  
If your organisation carries out any relevant service or work, please e-mail Una Casey from CYPSP [HERE](#) to request a copy of the corresponding template for completion to record information across Northern Ireland

**Building Resilience  
around Gaming  
& Gambling**



**Training:**

Free assured City & Guilds training to equip you with the knowledge & tools to inform, educate and safeguard the young people you work with in relation to gaming & gambling harms.

**Topics included:**

- Gaming and Gambling Related harm
- Advertising and Regulation
- Mental Health and Wellbeing
- The Blurred Lines Between Gaming and Gambling
- Digital and Financial Literacy
- How to Spot Signs of Harm
- Where to Get Help and Support

**Following the training you will:**

Have access to over 1000 resources which you can download and use in your practise.

**Workshop Dates:**

**Thursday 2nd February, 10am - 1pm**

(Face-to-face - Venue: Vibe, 1 Little Barrack Street, Armagh, BT60 1AD)

[Click Here to Book On.](#)

**Wednesday 8th February, 10am - 1pm**

(via Zoom)

[Click Here to Book On](#)



During our final round of 2022 Locality Planning Group meetings, we had a presentation by Helen McVitty-O'Hara from Youth Work Alliance about the FREE City & Guilds assured training opportunity on **Building Resilience around Gaming & Gambling**

We are pleased to inform you that we are hosting 2 sessions for practitioners in the Southern Area, in partnership with Helen, and these sessions, as follows:

Face-To-Face, at Vibe in Armagh, on 2<sup>nd</sup> February, 10am to 1pm

Via Zoom on 8<sup>th</sup> February, 10am to 1pm

The training is open to anyone working with children and young people in the SHSCT Area

Please share with your colleagues and click the following links to register for either training session:

[Face-To-Face](#)

[Online](#)

N.B. If you have 7 or more from your service or team who are interested in participating in this training, please contact Helen directly [HERE](#) regarding the possibility of a bespoke training session in the near future



IS YOUR ORGANISATION OR SERVICE FINDING IT DIFFICULT TO **RECRUIT  
STAFF AND/OR VOLUNTEERS?**

If so, would you like to meet on Zoom for a chat to see how we can offer support?



We have recently had a number of services and organisations report that they are having difficulties recruiting and retaining staff or volunteers, for various reasons

This has an adverse impact on their service and support for children, young people and families



If you or any of your colleagues would be interested in joining a Zoom meeting to discuss barriers and possible solutions, please contact Darren Curtis, Locality Development Officer, to discuss a suitable time and date to meet



[localityplanning@ci-ni.org.uk](mailto:localityplanning@ci-ni.org.uk)

## Autism Awareness training for practitioners

**Friday 20/1/23**  
**10am – 12.30pm**

**HSC** Southern Health  
and Social Care Trust  
*Quality Care - for you, with you*



Join the Autism Services team on Zoom for an awareness session aimed at professionals working with a child or working with a parent of a child who has:

- A confirmed diagnosis
- Waiting on an assessment or
- Concerns that their child may be on the spectrum

The session aims to provide you with an increased understanding of:

- How children and young people with autism perceive the world
- How children and young people with autism think and learn
- How to use children's and young people's strengths to help them reach their potential
- The reasons behind the difficulties faced by children and young people with autism in learning, social interaction and communication
- Applying strategies when teaching, supporting and interacting with children and young people with autism.

[Click here](#) To request an application form or  
email: [pwb.training@southerntrust.hscni.net](mailto:pwb.training@southerntrust.hscni.net) to book your place

**PI.P.S.**  
Hope and Support  
[www.pipshopeandsupport.org](http://www.pipshopeandsupport.org)

**APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST)**

**ASIST**  
Applied Suicide Intervention Skills Training

**Thurs 26th & Fri 27th January**  
**9:00am - 4:30pm**  
**PIPS Hope and Support Office**

**ASIST is a two day workshop aimed at preventing the immediate risk of suicide for ages 18+**

ASIST teaches Suicide First Aid skills to anyone who may come into contact with a person at risk, through the most widely used Suicide Intervention Model in the world. You don't need any prior training to attend ASIST just a willingness to make a difference.

Studies show that the ASIST method helps reduce suicidal feelings in those at risk and is a cost-effective way to help address the problem of suicide.

Although ASIST is widely used by healthcare providers, this workshop is open to anyone who wants to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide.

**BOOK NOW: [pipshopeandsupport.org/book-now?ID=2890](http://pipshopeandsupport.org/book-now?ID=2890)**



[pwb.training@southerntrust.hscni.net](mailto:pwb.training@southerntrust.hscni.net)



[www.pipshopeandsupport.org/asist](http://www.pipshopeandsupport.org/asist)



Our funding restrictions are such that this training is only available to those who work/volunteer for a **voluntary, charitable, faith or community based organisation**

Children in Northern Ireland

## February Training

**Child Sexual Exploitation (Zoom)**  
Tue 7th Feb  
09:30 - 12:30

**NEW! Life Story (In-Person)**  
Wed 8th Feb  
10:00 - 15:30

**Recording & Reporting (Zoom)**  
Tue 21st Feb  
09:30 - 12:30

**Child Protection Practice (Zoom)**  
Wed 22nd Feb  
09:30 - 12:30

**NEW! Graded Care Profile2: Neglect Assessment Tool (In-Person)**  
Wed 22nd Feb  
10:00 - 16:00

**Child Protection Practice (Zoom)**  
Wed 28th Feb  
09:30 - 12:30

*Training is only available to those who work / volunteer for a voluntary, charitable, faith or community based organisation.*

**TO BOOK**  
[www.ci-ni.org.uk/training](http://www.ci-ni.org.uk/training)

Children in Northern Ireland

## Graded Care Profile 2

In - Person Training

Neglect Assessment Tool

**What is it?** A Neglect Assessment Tool to help identify neglect & assess when poor parenting becomes neglectful.

**Why focus on Neglect?** It's the most common reason for a child to be on a child protection plan & features in 60% of serious case reviews.

**How can it help?** Assessing neglect can be difficult & the GCP2 can capture progress & help remove bias & aid decision making.

Courses currently open for booking:

<b>Wed 22nd Feb</b> , 10am - 4pm	<b>For further March course dates and enquiries, please contact:</b>
<b>Wed 1st March</b> , 10am - 4pm	<a href="mailto:jenny@ci-ni.org.uk">jenny@ci-ni.org.uk</a>
<b>Thurs 9th March</b> , 10am - 4pm	

To book: [www.ci-ni.org.uk/funded\\_courses/](http://www.ci-ni.org.uk/funded_courses/)

Watch the Graded Care Profile 2 Video [HERE](#)



22nd Feb

1st Mar

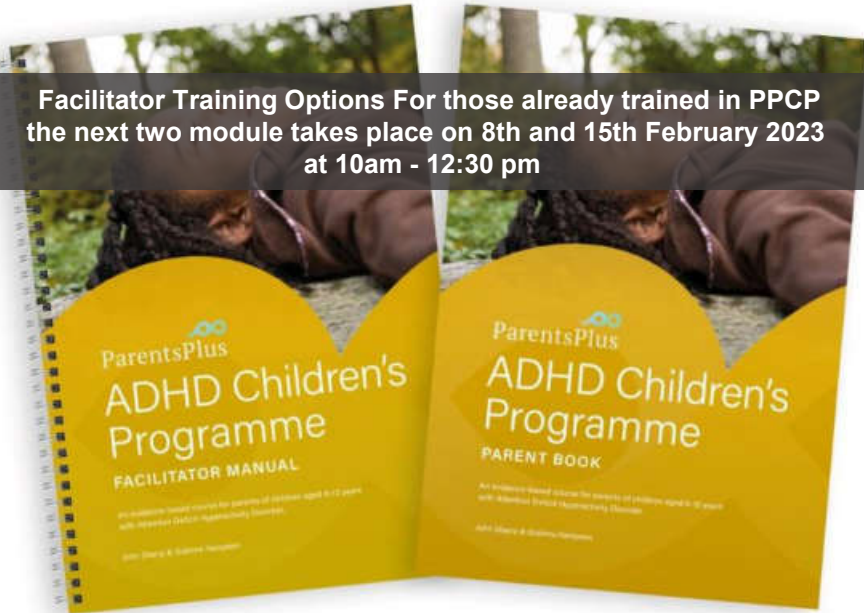
9th Mar



[www.ci-ni.org.uk/funded\\_courses](http://www.ci-ni.org.uk/funded_courses)



Facilitator Training Options For those already trained in PPCP the next two module takes place on 8th and 15th February 2023 at 10am - 12:30 pm



## Training Professionals in Evidence-based Parenting and Mental Health Programmes

  
**ParentsPlus**  
Empowering Professionals to Support Families



[www.parentsplus.ie/parents-plus-programmes](http://www.parentsplus.ie/parents-plus-programmes)



[Caitlyn.McGill@westerntrust.hscni.net](mailto:Caitlyn.McGill@westerntrust.hscni.net)



### Performing Trauma-Informed Assessments: The MACE Toolkit training

#### MACE Trauma-Informed Practitioner's Toolkit



- 3 hour interactive course
- Available to practitioners working with children and families in the Armagh area, Newry & Mourne, Cavan and Monaghan border areas

#### Aims of the course:

- Understand the concept of trauma-informed assessments
- Understand helpful and unhelpful practitioner behaviours during assessment
- Identify potential sources and signs of childhood trauma
- Understand protective factors and how they interact with risk factors to influence positive outcomes
- Identify appropriate interventions to support families affected by trauma
- Understand the process of support pathway planning and review
- Understand how to use the MACE Trauma-Informed Practitioner's Toolkit alongside their own assessment forms (e.g. UNOCINI, Meitheal, Signs of Safety, etc.)

Please contact Caitlyn Mc Gill to register for your desired date  
[Caitlyn.McGill@westerntrust.hscni.net](mailto:Caitlyn.McGill@westerntrust.hscni.net)

Please note that all sessions will be **9.30am – 1 pm** and delivered over Zoom in 2023.

- 9<sup>th</sup> or 28<sup>th</sup> February 2023
- 8<sup>th</sup> or 28<sup>th</sup> March
- 12<sup>th</sup> or 27<sup>th</sup> April

"Working to reduce Multiple Adverse Childhood Experience (MACE)  
Supporting families and Strengthening Communities"

# Why Choose The Incredible Years®?

Free Online Event  
21 February 2023  
11.30-1pm



Would you like to find out more about the evidence-based [Incredible Years](#) series of programmes for children, parents and teachers?

Join us online for an introductory informative session for current and prospective delivery agencies.

This session presumes no prior knowledge of The Incredible Years®, a set of interlocking, developmental training programmes for parents children and teachers which aim to reduce behaviour challenges, and promote problem solving, social competence and emotional regulation.

In this information session, we'll look at the many programmes on offer, share research on the associated outcomes and explore what 'organisational readiness' is required to sustain IY parent programmes.


The session is suitable for agencies, funders or commissioners interested in evidence-based parenting and family support.

[Click here to register](#)

Contact [pcarson-lewis@ncb.org.uk](mailto:pcarson-lewis@ncb.org.uk)



[www.eventbrite.co.uk/e/why-choose-iy-programmes-registration-402279989277](https://www.eventbrite.co.uk/e/why-choose-iy-programmes-registration-402279989277)



**GENERATION HOPE**  
YOUTH SUICIDE PREVENTION CONFERENCE

Monday 27 February  
09:30 for 10:00 - 16:00

Attendance available both online and  
in person

 [In Person](#) / [Online](#)

**SAVE THE DATE**

30 DAY 03 MONTH 23 YEAR

from 9.30am  
@ Seagoe Parish Centre, Portadown

**Paediatric Feeding Service (PFS)  
Information Event**



Advice, talks and workshops on:

- Constipation
- Weaning difficulties
- Tongue tie
- Reflux & milk allergies
- Neonatal

HSC Southern Health and Social Care Trust  
Quality Care - for you, with you

**Registration for the event will open soon**

 Further details coming soon...



**RCN NI Sexual Health Network evening webinar**

Raising awareness about Monkey pox

15 Feb 2023 19:00 - 20:30

Online

For more information and to book your place, click: <https://www.rcn.org.uk/news-and-events/events/rcn-ni-sexual-health-network-evening-webinar>



[www.rcn.org.uk/sexual-health-network-evening-webinar](https://www.rcn.org.uk/sexual-health-network-evening-webinar)



# MOOD MATTERS

PARENT & BABY



A free online mental health awareness workshop for expectant parents and parents of young babies.

**WEDNESDAY 1ST FEBRUARY  
OR  
THURSDAY 23RD MARCH**

**7-9PM**

Register on our website  
[www.aware-ni.org/MMPB](http://www.aware-ni.org/MMPB)



 [www.aware-ni.org/MMPB](http://www.aware-ni.org/MMPB)

# Sustaining Healthy Relationships

**we can Relate**

Early intervention and relationship education can help develop skills and tools for managing the rough and tumble that can appear in even the most healthy relationships - with partners, friends, family and our relationship with ourselves

**Free Taster Workshops**

Relate NI are offering tailored taster workshops to community and youth groups:

Some of the areas which will be covered include:

- Common Relationship Stress Factors
- The Sound Relationship House
- What Healthy Relationships Look Like
- Challenging Inappropriate Behaviour
- The Four Levels of Destructive Relationships
- How to Communicate Effectively

Find out more and get started:  
E [inliefodowd@relateni.org](mailto:inliefodowd@relateni.org)  
T 02890 323454

**relateni.org**

Supported by the Dormant Accounts Fund & National Lottery Community Fund

**Relate NI**

 [www.relateni.org](http://www.relateni.org)



**Free Relationships & Sexuality Education For Young People**

**We can provide 2 x 2hr sessions over a 4-week period that include:**

- Healthy relationships
- The human body and development
- Sexuality & sexual behaviour
- Values, rights, culture & sexuality
- Understanding gender
- Violence and staying safe
- Health & wellbeing
- Sexual & reproductive health

Sessions can be provided face to face at your premises. If required we can discuss a blended approach to include zoom. This service is available to groups across Northern Ireland in the community.

**12-14 years old;** contact [hello@commonyouth.com](mailto:hello@commonyouth.com)

**15-16 years old;** contact [info@relateni.org](mailto:info@relateni.org)

**17-19 years old;** contact [nigel@acet-ni.com](mailto:nigel@acet-ni.com)



[12-14 Year Olds](#)



[15-16 Year Olds](#)



[17-19 Year Olds](#)



Evidence Based Parenting Programmes Southern Trust Area Early 2023						
Programme Name/Age Range/Attendees	Dates (from-to)	No of weeks	Times	Location of programme	Referrals/ enquiries to (email and telephone)	Additional Information
<b>Mellow Programmes</b>						
Mellow Bumps (Mums to be 20-30 weeks gestation)	Thurs 26 <sup>th</sup> Jan-Thurs 2 <sup>nd</sup> March	7	7-9pm	Online	Referral/Enquiries: 028 37564489 <a href="mailto:mellow.parenting@southerntrust.hscni.net">mellow.parenting@southerntrust.hscni.net</a>	Available to Mums to be across the Southern Trust Area
Mellow Bumps (Mums to be 20-30 weeks gestation)	Tues 25 <sup>th</sup> April-Tues 30 <sup>th</sup> May	7	10.30am-12.30pm	Online	Referral/Enquiries: 028 37564489 <a href="mailto:mellow.parenting@southerntrust.hscni.net">mellow.parenting@southerntrust.hscni.net</a>	Available to Mums to be across the Southern Trust Area
Mellow Babies (birth-1 year)	Spring 2023	8 weeks + physical fitness programme	10.30am-12pm	Homestart Craigavon	<a href="mailto:Homestart.craigavon@btopenworld.com">Homestart.craigavon@btopenworld.com</a> 028 38 345 357	For Families across the Portadown, Lurgan, Brownlow & Craigavon area. Infant Mental Health Programme includes online and face to face services.



[General Parenting Programme Queries](#)



Evidence Based Parenting Programmes Southern Trust Area Early 2023						
Programme Name/Age Range/Attendees	Dates (from-to)	No of weeks	Times	Location of programme	Referrals/ enquiries to (email and telephone)	Additional Information
<b>Incredible Years</b>						
Parent/Infant Support Programme (0-4 months) Incredible Babies, Infant Massage, Sensory Play & Sleep Support	A & D starting 18 <sup>th</sup> January  Newry, Banbridge and Portadown week commencing 6 <sup>th</sup> February	19	10.30am-12.30pm	Newry, Moy, Banbridge and Portadown	Enquire for details	For Parents and Babies <u>outside Sure Start Areas</u>
Incredible Years Baby (ideally 0-4 months) Parents/Carers attend with baby.	Thurs 27 <sup>th</sup> April 2023	8	10am-12pm	TBC	Enquiries/Referrals: Parenting Partnership 07880474747 <a href="mailto:parenting.partnership@southerntrust.hscni.net">parenting.partnership@southerntrust.hscni.net</a> or Elaine Trainor MDT Team Newry <a href="mailto:Elaine.Trainor@southerntrust.hscni.net">Elaine.Trainor@southerntrust.hscni.net</a> 028 3026 7534	Available to parents/cares and babies resident in the Newry & Mourne Area
IY School Age (5-12 years Parents/Carers in attendance)	Thurs 23 <sup>rd</sup> March-14 <sup>th</sup> June 2023	12	10am-12pm	Online	Enquiries/Referrals: Parenting Partnership 07880474747 <a href="mailto:parenting.partnership@southerntrust.hscni.net">parenting.partnership@southerntrust.hscni.net</a>	Available to families across the Southern Trust Area.
I Y School Age (5-12 years Parents/Carers in attendance)	Wed 29 <sup>th</sup> March-21 <sup>st</sup> June 2023	12	Evening	Online	Enquiries/Referrals: Parenting Partnership 07880474747 <a href="mailto:parenting.partnership@southerntrust.hscni.net">parenting.partnership@southerntrust.hscni.net</a>	Available to families across the Southern Trust.







Evidence Based Parenting Programmes Southern Trust Area Early 2023						
Programme Name/Age Range/Attendees	Dates (from-to)	No of weeks	Times	Location of programme	Referrals/ enquiries to (email and telephone)	Additional Information
<b>Solihull</b>						
Solihull 'Understanding Your Child' (For parents of children in the first five years)	Tues 17 <sup>th</sup> Jan-28 <sup>th</sup> March 2023	10	7-9pm	To be confirmed	Enquiries/Referrals: Parenting Partnership 028-38310920 07880474747 <a href="mailto:parenting.partnership@southerntrust.hscni.net">parenting.partnership@southerntrust.hscni.net</a>	For all parents of children resident in the Southern Trust area
<b>Parents Plus Special Needs Programme</b>						
Parents Plus Special Needs Programme (for parents of young people 11-18 years with an Autism diagnosis)	Tues 17 <sup>th</sup> January	7 weeks	7-9pm	Online	<a href="mailto:Joanne.McAteer@clanryegroup.com">Joanne.McAteer@clanryegroup.com</a>	A very small number of places remain on this programme.
<b>Parenting NI</b>						
Odyssey Parenting Your Teen	Thursday 26 <sup>th</sup> January	8	7-9pm	Online	Parenting NI Freephone 08088010722	Priority will be given to families resident in the Newry & Mourne Areas. However referrals will be considered for families across the SHSCT area



# ONLINE POSITIVE PARENTEEN!



This 4 week programme is here to help parents increase their knowledge and awareness on how to parent their teens & pre-teens in a more confident and positive way.

- Week 1** - Self Awareness
- Week 2** - Understanding the Teenage Brain
- Week 3** - Effective Communication
- Week 4** - Goal setting and getting support

Every Wednesday from 18th January  
11:00AM - 1:00PM  
Online via Zoom



For further enquiries contact Chloe Marron on 074 8305 9870  
or [chloe.marron@clanryegroup.com](mailto:chloe.marron@clanryegroup.com).

\*Family Foundations is part funded through the Northern Ireland European Social Fund Programme and the Department for the Economy.\*



[chloe.marron@clanryegroup.com](mailto:chloe.marron@clanryegroup.com)

# Emotional Self Regulation Workshop



This 6-week programme aims to support both parents and children to navigate emotional wellbeing and regulation whilst you are awaiting a diagnosis of ASD or following diagnosis.

- Weeks 1 - 3:** Exploring Emotions, Learning to Manage Emotions, Conflict Resolution, Mindfulness, Grounding, Emotional Freedom Technique and Self regulation.  
- CHILDREN ONLY
- Weeks 4 - 5:** Understanding Emotional needs, Regulation, Self Regulation, Creating a Safe Space.  
- PARENTS ONLY
- Week 6:** Review learning together.  
- CHILDREN AND PARENTS

This workshop will be starting on the 18th January from 3:30pm - 5:00pm at the Drumalane Mill, The Quays, Newry.

If you wish to get involved, please contact Andrea on 028 3089 8119  
or email at [andrea.lupari@clanryegroup.com](mailto:andrea.lupari@clanryegroup.com)

**For Ages  
7 - 11**



[andrea.lupari@clanryegroup.com](mailto:andrea.lupari@clanryegroup.com)





**N.B.  
Different  
Programme  
Dates**

ParentingNI

**WALKING ON EGGSHELLS**  
NON VIOLENT RESISTANCE PROGRAMME

*Child to parent violence is an abuse of power through which the child or adolescent attempts to coerce, control or dominate others in the family.*

Supporting parents & carers to achieve a calmer and violent free home

- Overcome sense of helplessness
- Develop a support network
- Stop destructive behaviours
- Improve family relationships

*All parents / carers will complete an initial telephone assessment to ensure the programme is suitable for their family circumstances.*

**CALL TO REGISTER**  
**0808 8010 722**

Open to all areas within the Southern Health & Social Care Trust  
Non Violent Resistance online programme for parents/carers living in SHSCT.  
Mondays  
23rd January - 13th March 2023  
8 Weeks  
7.00pm - 9.00pm  
*Programme welcome those parenting 11-18 years specifically*

CAWT | HSC Health and Social Care | interreg

0808 8010 722

ParentingNI

**WALKING ON EGGSHELLS**  
NON VIOLENT RESISTANCE PROGRAMME

*Child to parent violence is an abuse of power through which the child or adolescent attempts to coerce, control or dominate others in the family.*

Supporting parents & carers to achieve a calmer and violent free home

- Overcome sense of helplessness
- Develop a support network
- Stop destructive behaviours
- Improve family relationships


*All parents / carers will complete an initial telephone assessment to ensure the programme is suitable for their family circumstances.*

**CALL TO REGISTER**  
**0808 8010 722**

Open to all areas within the Southern Health & Social Care Trust  
Non Violent Resistance online programme for parents/carers living in SHSCT.  
Tuesdays  
31st January - 21st March 2023  
8 Weeks  
7.00pm - 9.00pm  
*Programme welcome those parenting 11-18 years specifically*

CAWT | HSC Health and Social Care | interreg

0808 8010 722




**Parenting Children's Challenging Behaviour**


An online six week parenting programme giving tips for managing challenging behaviour and reinforcing positive behaviour in children.


Programme welcomes those parenting 0-10 years specifically


Tuesday 31st January 2023  
7.00pm - 8.30pm  
Open to all areas within the Southern Health and Social Care Trust

This online programme begins on Tuesday 31st January 2023 and runs for 6 weeks

 **ParentingNI**  
Call to Register 0808 8010 722  
Mon-Thurs 9.30am - 3.30pm  
Fri 9.30am - 12.30pm  
[parentingni.org](http://parentingni.org)

 **CAWT**  
Commission and working together

 **Interreg**  
Northern Ireland - Ireland - Scotland

 **HSC** Health and Social Care

 0808 8010 722



**Parenting Children's Challenging Behaviour**

A six week parenting programme giving tips for managing challenging behaviour and reinforcing positive behaviour in children.

Programme welcomes those parenting 0-10 years specifically

ARMAGH  
Wednesday 22nd February 2023  
10am - 12noon  
Open to all parents/carers living within the Southern Health and Social Care Trust

This venue based programme begins on Wednesday 22nd February 2023 and runs for 6 weeks

 **ParentingNI**  
Call to Register 0808 8010 722  
Mon-Thurs 9.30am - 3.30pm  
Fri 9.30am - 12.30pm  
[parentingni.org](http://parentingni.org)

 **CAWT**  
Commission and working together

 **Interreg**  
Northern Ireland - Ireland - Scotland

 **HSC** Health and Social Care

 0808 8010 722

**Addressing Bullying  
in schools survey**

Have your  
say by  
scanning the  
QR Code...



 [www.eani.org.uk/anti-bullying-week-survey](http://www.eani.org.uk/anti-bullying-week-survey)

ParentingNI

# SOLUS

Supporting Separated Parents  
& One Parent Families



Parenting NI would like to learn more about the financial challenges facing single parents and the types of support they have found helpful.

Scan to complete survey:

In partnership with:  
**C E S** The Centre for Effective Services

Funded by:  
abrdn Financial Fairness Trust



 [www.surveymonkey.co.uk/solus](http://www.surveymonkey.co.uk/solus)

Advice • Community • Support



**STEP is hiring for 2023-2025**

2023 is already underway. Was your New Year resolution to find a new job or make a career change?

Do you want to do work that makes a difference in people's lives, and gives you an opportunity to develop your career? Are you interested in working in the local Mid Ulster community, engaging directly with people to help change their every-day life for the better, then Step may be what you are looking for?

We can offer excellent training and development opportunities, accredited training, great rates of pay and pension contributions, holiday entitlement, access to private healthcare.

We are hiring for several immediate and upcoming vacancies including:

- General advice and support staff
- Social Security and Welfare Benefit advisers and advocates
- Community Support workers in delivery of Minority Ethnic and Irish Traveller projects

If you are interested in any of the opportunities or to gain more information, please contact us via email to [maria.oliveira@stepni.org](mailto:maria.oliveira@stepni.org)



[maria.oliveira@stepni.org](mailto:maria.oliveira@stepni.org)



The Cedar Foundation is seeking to recruit the following staff member:

<b>Ref</b>	<b>23-007-YBSW-ECI-WEB</b>
<b>Job Role</b>	Youth Bank Support Worker
<b>Location</b>	Various throughout Northern Ireland
<b>Salary</b>	£9.79 per hour
<b>Hours</b>	Bank as required
	<i>You must have availability Evenings, weekends and School Holidays</i>

The Youth Matters Service is a dynamic youth work service supporting children and young people with physical disabilities, acquired brain injury and those who have a diagnosis of autism through personal and social development opportunities, social activities and inclusive partnerships.

We currently have vacancies for Bank Youth Workers in Portadown, Newry, Armagh, Cookstown & Magherafelt, Ballycastle & Coleraine, Strabane, Derry/Londonderry, Antrim & Ballymena, Belfast.

Bank Support Workers work alongside our Youth Officers and Project workers to deliver fun and exciting opportunities for young people with physical disabilities, acquired brain injury or autism to promote inclusion, personal development and independence. Activities could include bowling, cinema, arts and crafts, outdoor activities, going to local youth clubs or summer schemes. Activities take place in the evenings, at the weekends or during the school holidays.

This position provides an excellent opportunity to gain experience in the sector, work as part of a team and make a difference in the lives of children and young people.

**Benefits**

- Starting on 20 days annual leave pro rata plus Cedar recognises 12 statutory days
- Statutory Sick Pay, if applicable.
- Auto enrolment into pension scheme, if applicable.
- Investor in People Platinum organisation with commitment to development of the staff team through training and learning opportunities.



<https://cedar-foundation.getgotjobs.co.uk/home>



**START SOMETHING**

Programmes  
Jan/Feb 2023

---

**Get Started with Nails Online**  
Ages 16-30  
Taster Day: 25th Jan  
Programme: 30th Jan - 3rd Feb  
Build your skills or learn from scratch with professional nail artists and hear what it's like to work in the industry.

**Get Into Security**  
Ages 18-30  
Taster Day: 30th Jan  
Programme: 6th to 24th Feb  
Training, SIA License and job opportunities with EventSec.

**Get Hired in Health & Social Care**  
Ages 16-30  
31st Jan and 1st Feb  
Join us for an employability skills session & interview for employment with MCare.

**Get Started in Mindfulness Online**  
Ages 16-30  
Taster Day: 1st Feb  
Programme: 6th - 10th Feb  
Explore a variety of mindfulness practices including breathwork and goal setting, and boost your own wellbeing and self-confidence.

**Get Hired in Customer Service**  
Ages 18-30  
Dates: 8th & 9th Feb  
Get connected with vacancies at HGS. Work from home roles available.

**Get Into Health & Social Care**  
Ages 18-30  
Taster Day: 8th Feb  
Programme: 20th Feb - 10th March  
Get free training and complete a live work placement with L'Arche, Praxis Care, The Cedar Foundation, or Mindwise.

**Get Started with Brows & Lashes Online**  
Ages 16-30  
Taster Day: 25th Jan  
Programme: 30th Jan - 3rd Feb  
Build your skills or learn from scratch with professional lash techs and hear what it's like to work in the industry.

**TEAM**  
Ages 16-24  
12 week personal development programme offering work experience, qualifications, practical skills, and community projects. Running all over NI, get in touch to find the course that suits you.

**Explore Enterprise ONLINE**  
Ages 18-30  
Get help with your business idea, including mentor support & grants. Programme running every 3 weeks.

☎ 0800 842 842  
✉ outreachni@princes-trust.org.uk  
📱 @princestrusti

*Suitable for those not in full-time employment.*



**GET STARTED WITH NAILS (ONLINE)**

**16-30 AND NOT IN FULL TIME EDUCATION OR EMPLOYMENT?**

Join us for this free 5 day programme! Meet new people, build your skills or learn from scratch. Professional nail technicians will guide you through tips and techniques and tell you what it's like to work in the industry.

**TASTER DAY:** Wed 25th Jan, 11-12am  
**LOCATION:** Online via Microsoft Teams

**PROGRAMME DATES:** Mon 30th Jan - Fri 3rd Feb, 12-1pm  
**LOCATION:** Online via Microsoft Teams

➤ **SEARCH** 'Prince's Trust Northern Ireland' on Facebook, Instagram, or Twitter  
➤ **CALL FREE** on 0800 842 842  
➤ **EMAIL** outreachni@princes-trust.org.uk





THIS PROGRAMME IS PART FINANCED THROUGH THE NORTHERN IRELAND EUROPEAN SOCIAL FUND (NI ESF) 2014-2020 AND THE DEPARTMENT FOR THE ECONOMY



**GET INTO SECURITY**

**BELFAST**

**ARE YOU AGED 18-30? WANT TO WORK IN SECURITY?**

Taster day: Monday, 30th January  
Programme: 6th - 24th February, 9am - 5pm

If you are not in full time employment or education, come and meet new people, learn new skills, and gain the experience you need to get a job in the security industry.

- Get your SIA License
- Complete a Level 2 Award in Door Supervision
- Achieve a first aid qualification
- Take part in a job interview with Eventsec
- Doesn't affect benefits
- Help with travel costs & childcare available

➤ **SEARCH** 'Prince's Trust Northern Ireland' on Facebook, Instagram, or Twitter  
➤ **CALL FREE** on 0800 842 842  
➤ **EMAIL** outreachni@princes-trust.org.uk







[outreachni@princestrust.org.uk](mailto:outreachni@princestrust.org.uk) /



0800 842 842

**WELCOME TO THE YOUTH WELLNESS WEB**

**CHECK IT OUT NOW!** - The Youth Wellness Web has been co-designed by young people for young people with easy access to different resources and services that can really help you.

If you are looking information and help with:

- Mental Health
- Bereavement
- School
- Bullying
- Wellbeing
- FREE Mental Health Training
- Plus much more ...

Visit the Youth Wellness Web at the link below or scan the QR code for instant access.



[www.cypsp.hscni.net/youth-wellness-web](http://www.cypsp.hscni.net/youth-wellness-web)



 [CYPSP Youth Wellness Web](http://www.cypsp.hscni.net/youth-wellness-web)

**English**

**CYPSP**  
Children & Young People's Strategic Partnership

The CYPSP Translation Hub provides you with important information on Health, COVID-19, Education, Housing, Employment, Contacts for support and much more.....




Scan me

[www.cypsp.hscni.net/translation-hub](http://www.cypsp.hscni.net/translation-hub)

 Health	 Family Support	 Education	 Housing	 Employment
 Safety	 COVID-19	 EU Settlement Scheme	 Sign Language	 Contacts

 [CYPSP Translation Hub](http://www.cypsp.hscni.net/translation-hub)

Evidence based  
**PARENTING SUPPORT PROGRAMMES**  
Southern Trust Area  
2022/2023

Giving every child  
the best start / opportunity in life.



For further information on these and other programmes visit our webpage:  
[www.cypsp.hscni.net/ebpp](http://www.cypsp.hscni.net/ebpp)

 [CYPSP Parent Support Page](http://www.cypsp.hscni.net/ebpp)





## **RESOURCE PACK FOR CHILDREN & YOUNG PEOPLE**



The **Children & Young People's Resource Pack** continues to be refreshed and updated to include new resources on disability, mental health, education, plus much more

Download your copy [HERE](#)

(Note: The Resource Pack will download directly to your device, so look out for the pop-up box and click on open file when it appears)

Resources and activities are free and in the public domain

The resource pack will continue to be updated over the summer period, so keep an eye out on our website and social media platforms

([Facebook](#), [Twitter](#) and [Instagram](#))

**energy saving trust**

Blog Post - 4 January 2023

## Energy bills support in Northern Ireland explained



**fmni**

INTRODUCING

## The Family Mediation NI Podcast

By FMNI

About the podcast

Separation, divorce and family breakdown are a sad fact of life, but the common factor for parents in these circumstances is their children's best interests. Throughout the episodes of this podcast we will hear from the Director, the mediators and other professionals about the service that Family Mediation NI

[Listen on Spotify](#) [Message](#)

[f](#) [i](#) [t](#) [v](#) [e](#)

WHERE TO LISTEN



 <https://anchor.fm/fmni>

 [www.energysavingtrust.org.uk/energy-bills-ni](http://www.energysavingtrust.org.uk/energy-bills-ni)

Need someone to listen without judgement?

**Parent Line NI**  
0808 8020 400  
#parentingweek

...Parentline are in your corner  
#inyourcorner

Call us: 0808 8020 400  
Email us: [parentline@ci-ni.org.uk](mailto:parentline@ci-ni.org.uk)  
Webchat: [ci-ni.org.uk/parentline](https://www.ci-ni.org.uk/parentline)  
Request a call back: [ci-ni.org.uk/parentline](https://www.ci-ni.org.uk/parentline)

We're open:  
Mon-Thurs 9am - 9pm  
Fri 9am - 5pm  
Sat 9am - 1pm

 0808 8020 400

 [parentline@ci-ni.org.uk](mailto:parentline@ci-ni.org.uk)

 [www.ci-ni.org.uk/parentline](https://www.ci-ni.org.uk/parentline)

**SURVIVING SEPARATION**  
FREE AND CONFIDENTIAL  
ONE TO ONE SESSIONS  
available from 9th January at a time to suit you

**Parent Line NI**  
0808 8020 400

- Support for any parent before, during or after separation
- Support to improve communication and manage co-parenting arrangements
- Support to source additional information and find other useful organisations
- Support to help you provide ongoing emotional stability and best outcomes for your children
- Support to recognise your existing strengths and to develop new coping strategies

**ReACH OUT**

Zoom or telephone sessions available

Please contact us anytime by phone or via our website to arrange sessions or to find out more.

*We're here for you at Parentline to listen, support and advise.  
Monday to Thursday 9am to 9pm. Friday 9am to 5pm. Saturday 9am to 1pm*

 0808 8020 400

**Go To..... Parenting Styles**

**Parent Line NI**  
FREE LOCAL HELPLINE  
0808 8020 400

Becoming a parent can often trigger our own deep childhood memories. Try to seek support if you find these difficult.

How we emotionally interact with our children; how we support them to cope with their feelings and how we encourage them to develop skills, is known as our Parenting Style.

Our experience of childhood will also influence our own parenting style; the patterns we repeat, and the things we do very differently.

????????????????

**Permissive Style**  
This style involves few boundaries or natural consequences. It can either include high levels of parental love and involvement or, alternatively, children endure low levels of affection and feel their parents are disengaged.

**Authoritative Style**  
This involves high levels of love and affection but also involves parents implementing reasonable boundaries, and having fair expectations. Children have emotionally safe opportunities to develop confidence, self-control, independence and attachments.

**Authoritarian Style**  
This often involves a child feeling the absence of affection. Parents use consequences and punishments to control children's behaviours. Children can become obedient but resentful and may fail to grasp important life-skills. Children often feel shame and misunderstood.

**Gentle Parenting**

- \*\*\*Children feel respected and loved. They learn from parents how to love themselves. Parents respond with **PLACE**: Playfulness, Love, Attunement, Curiosity and Empathy
- \*\*\*Parents calmly hold the safe-place, routines and boundaries for children to learn.
- \*\*\*Children feel empowered to make choices and learn natural consequences.
- \*\*\*Children's delicate strength is nurtured to overcome difficulties.
- \*\*\*Children are supported to become their best selves\*\*\*

We are here at Parentline to listen, support or advise. Please contact us Monday to Thursday 9am to 9pm, Friday 9am to 5pm or Saturdays 9am to 1pm

**Autism Next Steps**

Kerry and Rebecca McCullough chat Autism, pre and post Diagnosis

**Parent Line NI**

**NEW PODCAST EPISODE**

Kerry McLean talks to Eden

# Homework Club for Children with Autism

 **Clanrye Group**  
Here To Support You

Come and join our After School Homework Club for children with Autism and their parents/guardians.

**Led by a  
Qualified  
Teacher!**

This is an opportunity for parents/guardians to learn:

- Strategies to help your child focus
- How to help motivate and build your child's confidence
- Support provided for all areas of the curriculum

**Day:** Every Tuesday

**Time:** 3:30pm - 4:30pm

**Location:** Community Mill, The Quays, Newry

\*For Primary School: P4 - P7\*

Please note, parents/guardians must attend each session.



**Book now on: [clanryegroup.com/book-now/](https://clanryegroup.com/book-now/)**

For further enquiries contact Leanne on (028) 3089 8119 or [leanne.taylor@clanryegroup.com](mailto:leanne.taylor@clanryegroup.com)

"Positive Directions / Family Foundations is part funded through the Northern Ireland European Social Fund Programme and the Department for the Economy."



[leanne.taylor@clanryegroup.com](mailto:leanne.taylor@clanryegroup.com)

Services Available Through The Hub May Include...

**Practical Support**

**Drug & Alcohol Support**

**Emotional Health & Wellbeing**

**Signposting to Other Supports**

**Advice & Guidance**

**Family Support**

**Education Support**

**Youth Support**

**Parenting Programmes**

**Behaviour Support**

**Parenting Support**

"The hub linked me with services I didn't know existed"

"It was so simple to make a referral and I got the help I needed"

"After a friend recommended that I contact the hub, I rang and spoke to the hub co-ordinator who helped me to make a self-referral"

There Are 3 Family Support Hubs In The Southern Trust Area

**ARMAGH & DUNGANNON HUB**  
Pat McGeough  
Young People's Partnership Barnardos  
39A Abbey Street, Armagh BT61 7DY  
T: 028 37622380  
E: familysupporthub@barnardos.org.uk

**CRAIGAVON & BANBRIDGE HUB**  
Lisa Grant  
NIACRO  
26 Carleton Street, Portadown Co. Armagh BT62 3EP  
T: 028 38331168  
E: familysupporthub@niacro.co.uk

**NEWRY & MOURNE HUB**  
Allison Slater  
SPACE  
24 Monaghan Street, Newry BT35 6AA  
T: 028 30830764  
E: familysupporthub@space-ni.com

Southern Area **FAMILY SUPPORT HUB**

*Many families need a little extra help sometimes*

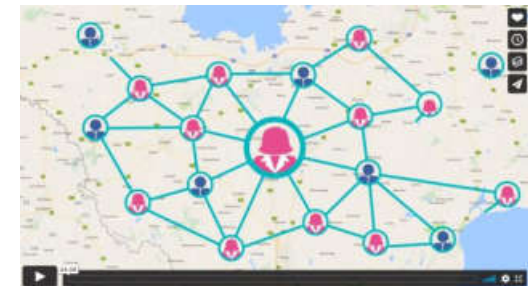
Information for Families

The 3 **Family Support Hubs** in the Southern Area continue to operate as normal and are open for referrals

Please make any referrals by e-mail [HERE](#)

Download the **December** edition of the **Family Support Hubs** newsletter [HERE](#)

Click on the below thumbnail to watch the **Southern Area Family Support Hub** promotional video



The screenshot shows the Family Support NI website interface. At the top, there are navigation tabs for 'Family Support', 'Childcare', and 'Childcare Partnerships'. Below these is a search bar with a dropdown for 'Family Support Services', a dropdown for 'All Categories', a 'Keyword' input field, and a 'Search' button. A 'Show Postcode Search' link is also visible. On the left side, there is a vertical menu titled 'Get Local Support' listing various services such as 'Adoption Fostering & Looked After Children', 'Bereavement', 'Carers', 'Child Protection', 'Counselling', 'Disability - Learning Disability, Autism, ADHD', 'Disability - Physical & Sensory', 'Domestic/Sexual Abuse', 'Drug/Alcohol Misuse', 'Eating Disorders', 'Educational Support', 'Employment/Training', 'Ethnic Minority Support', 'Family Support', 'Family Support Hub', 'Financial/Welfare Advice', 'Health and Wellbeing', 'Health Visiting', 'Housing', 'LGBT', 'Mental Health', 'Parenting Support', 'Partnership Organisation', 'Prison Support Services', 'Self Harm & Suicide', 'Separating Families', 'Sure Start', 'Youth Offending', and 'Youth Services'. The main content area features a purple header for 'Family Support & Advice' and a section titled 'Worried About the Welfare of a Child?' with a photograph of a person sitting on a bench with a dog. Below this is a grid of 18 service tiles, each with a small image and a title: 'Searching for Family Support Services', 'Lifeline - Crisis Response Helpline', 'Help you and your loved ones cope with Bereavement', 'Care Orders', 'About Health Visitors', 'Financial/Welfare Advice for Families', 'Information For Carers', 'Information About Eating Disorders', 'Health and Wellbeing Services', 'Support for Learning Disability, Autism and ADHD', 'Adoption & Fostering Support in Northern Ireland', 'Free School Meals / Uniform Grants', 'Support For Disability - Physical & Sensory', and 'Carers NI - Looking After Someone'.

Check out the **Family Support NI** website [HERE](#)  
 A useful up-to-date online directory making it easier for people in NI to find out about **family support services** and **ALL REGISTERED childcare providers** in NI  
 If you require any more information about the website or would like some leaflets / posters, call **0845 600 6483**  
 Watch the **promotional animation clip** outlining the functions / benefits of the website [HERE](#)  
 If you provide a family support service in Northern Ireland and would like **details of your organisation / service included** on the Family Support NI website, click [HERE](#) to complete a short questionnaire and return the form to [info@familysupportni.gov.uk](mailto:info@familysupportni.gov.uk)

**Text-A-Nurse  
to chat about  
your health  
concerns**



**If you are aged 11-19 and are worried or concerned about any aspect of your health and wellbeing send a text to**

**07507 328057**

**and chat in confidence with a school nurse.**

**We are here to help and can offer advice around many health issues including:**

Emotional Health & Wellbeing

Self-Harm

General Health

Drugs

Stress & Anxiety

Bullying

Body Image

Alcohol

Sex & Sexuality

Contraception

<https://pha.site/textanurse>

The **Text-A-Nurse** service is a secure and confidential text messaging service to a school nurse for advice and support

The service is aimed at 11 to 19 year olds and will allow young people to seek advice about sensitive health issues without a face to face appointment

School nurses will provide help on a range of issues including, emotional health and wellbeing, alcohol and drugs, sexual health, bullying and general health issues

Pupils and parents & carers can find out more about the Text-A-Nurse service [HERE](#)



**Pharmacy First** for help with everyday health conditions

HSC Health and Social Care

SAVE TIME AND AVOID WAITING TO SEE A GP

For **FREE** confidential advice and treatment ask your pharmacist **FIRST**

- ✔ Acne
- ✔ Athlete's foot
- ✔ Diarrhoea
- ✔ Ear Wax
- ✔ Groin area infection
- ✔ Haemorrhoids
- ✔ Head lice
- ✔ Morning After Pill
- ✔ Mouth Ulcers
- ✔ Oral Thrush
- ✔ Scabies
- ✔ Threadworms
- ✔ Vaginal Thrush
- ✔ Verrucae

Your local **Community Pharmacist** can advise and prescribe suitable treatment for:

Coughs, colds, eye conditions, stomach upsets, skin conditions, allergies, aches and pains

Women's health, including treatment for thrush, emergency contraception


Children's health, including nappy rash, teething, threadworms, head lice, warts and verruca

You don't need a doctor's appointment for most minor ailments or illnesses

**Speak to your Pharmacy first!**

**HSC Public Health Agency**

## Do I need to keep my child off school?



<b>Chicken Pox</b> At least 5 days from onset of rash and until all spots have crusted over	<b>Conjunctivitis</b> No need to stay off but school or nursery should be informed	<b>Diarrhea &amp;/or Vomiting</b> 48 hours from last episode	<b>Respiratory Illness</b> (e.g colds & flu) Can return when no longer have a high temperature and well enough	<b>Glandular Fever</b> No need to stay off but school or nursery should be informed	
<b>Hand, foot &amp; mouth</b> No need to stay off if well enough, but school or nursery should be informed	<b>Impetigo</b> Until lesions are crusted & healed or 48 hours after commencing antibiotics	<b>Head Lice</b> No need to stay off but school or nursery should be informed	<b>Measles</b> 4 days from onset of rash	<b>Mumps</b> 5 days from onset of swelling	<b>German Measles (Rubella)</b> 5 days from onset of rash
<b>Scarlet Fever</b> 24 hours after commencing antibiotics	<b>Scabies</b> Until after first treatment	<b>Slapped Cheek</b> No need to stay off but school or nursery should be informed	<b>Threadworms</b> No need to stay off but school or nursery should be informed	<b>Tonsillitis</b> Can return when no longer have a temperature and well enough, school or nursery should be informed	<b>Whooping Cough</b> 48 hours after commencing antibiotics

Use this guide to find out when they should stay off, and when they can go back if they are well enough to do so.

Do you have a child who's unwell and are wondering if they should be in nursery or school?

Check out this handy guide, from the **Public Health Agency**, to find out when they should stay off, and when they can go back if they are well enough to do so

Symptoms and severity of illness will vary from person to person

Check out the **Children's Symptom Checker** [HERE](#) for immediate advice

If your child is unwell and you have concerns about their symptoms you should speak to your GP

## Meningitis - know the symptoms

Symptoms of meningitis develop suddenly and can include:



Fever (over 37.5C)



Vomiting



Headache /Stiffness



Confusion



Rash



Dislike of  
bright lights



Fatigue



Seizures (fits)

With the prevalence of the potentially life-threatening meningococcal infection at its highest during the winter, the **Public Health Agency** is calling for people to make themselves aware of the all signs and symptoms of the condition, as a rash is not the only sign  
(Other symptoms are often non-specific)

In the early stages it could be mistaken for other illnesses such as flu, although with meningitis the person tends to be sicker than with these other conditions

However, the disease can come on very quickly and it is important to seek urgent medical attention if you think meningitis is a possibility

Find out more [HERE](#)

The poster has a green header with the text 'Wash your hands' in white. Below the header is a photograph of a young girl with brown hair, smiling, wearing a white tank top. She has colorful handprints on her hands: pink, blue, yellow, and red. The background is dark with a yellow and black striped circle and several cartoon germs in various colors (green, purple, pink, orange). At the bottom, there is an orange banner with white text and a small germ icon.

Wash your hands

bugs and germs are particularly active during the winter months.

HSC Public Health Agency

Coming into the winter months hand hygiene along with respiratory hygiene is the most important method of preventing and controlling the spread of infections

The **Public Health Agency** advises that everyone should:

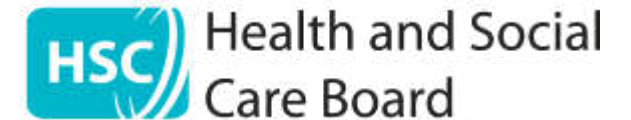
- ✓ Wash hands regularly with soap and water
    - ✓ Carry a tissues at all times
  - ✓ Cover your nose and mouth when coughing or sneezing and to use a tissue which is disposed of quickly and carefully in a bin
- Parents should encourage children to following good hand hygiene and catch-it, bin-it, kill-it

**CORONAVIRUS (COVID-19)**



LET'S KEEP  
MAKING  
SAFER  
CHOICES

**CLICK ON THE FOLLOWING ORGANISATIONS, FOR ONGOING  
CORONAVIRUS INFORMATION, ADVICE & UPDATES:**





**TAKE500+**  
YOUR COMMUNITY, YOUR VOICE, YOUR CHOICE!

**MARKET STALL  
SHOWCASE & VOTE!**

COME ON DOWN TO THE EVENTS BELOW, HAVE A LOOK  
AT ALL THE FANTASTIC IDEAS AND CAST YOUR VOTE!

Saturday 14th January 2023, 10.30am - 3.30pm:  
Armagh City Hotel

Saturday 21st January 2023, 10.30am - 3.30pm:  
Banbridge Leisure Centre

Saturday 28th January 2023, 10.30am - 3.30pm:  
Craigavon Civic Centre

For more info head to:  
[www.armaghbanbridgecraigavon.gov.uk/take500plus/](http://www.armaghbanbridgecraigavon.gov.uk/take500plus/)

The poster features an illustration of a market stall with three people, a hand casting a ballot into a box labeled 'TAKE500+ YOUR VOTE', and a sign that says 'My Idea'.



Armagh City  
Banbridge  
& Craigavon  
Borough Council

Have you a project idea?  
Would you be interested in a grant search for your  
community group?



Armagh City, Banbridge & Craigavon Borough Council has access to  
the GrantFinder system which is a leading grants database with  
various funding opportunities

A search of the system can be undertaken, on your behalf, which will  
provide a tailored report detailing funding opportunities specific to  
your needs


To complete the search, some group and project details will be  
required and these will be gathered from you by email or phone

Please e-mail to proceed



Home Find Activities We Asked, You Said, We Did



## Changing Places Public Consultation

### Overview

Armagh City, Banbridge and Craigavon Borough Council have drafted a Changing Places Policy, which includes the following:

- Priority locations for CPTs, including outdoor sites, to ensure reasonable coverage
- The provision of a portable CPT at Council led large events
- Promotion of CPTs with local businesses and communities

Changing Places Toilets (CPT) meet the needs of people with profound and multiple learning disabilities, as well as people with other physical disabilities such as spinal injuries, muscular dystrophy and multiple sclerosis.

**Closes 21 Feb 2023**  
Opened 13 Dec 2022

**Contact**  
clare weir  
(Sport Development Officer )  
Sports Development  
[clare.weir@armaghbanbridgecraigavon.gov.uk](mailto:clare.weir@armaghbanbridgecraigavon.gov.uk)



<https://armaghbanbridgecraigavon.citizenspace.com>



**Perinatal Infant Mental Health Support Services**

- Weekly Volunteer Home-visiting support



- Online Programme Mellow Parenting Groups

- Free online counselling



- Walking groups

Contact Deborah: 02838345357 for Referral & more Info  
Homestart.craigavon@btopenworld.com  
www.home-start.org.uk #BecauseChildhoodCantWait



**Online Parenting Programme**

**Free online Mellow parenting program for parents with babies under 18 months**

**What the program is about?**

- Looking better after yourself and your baby ⇒ **Starts 23rd Feb 2023**
  - Help you and your baby to make the most of the precious time. ⇒ **10.30am —11.45am**
  - Focus your attention on what your baby can really do and what they need in the future. ⇒ **For 8 weeks**
  - 8 informal sessions 1hour 15min long ⇒ **On Zoom**
- To book contact  
Deborah: 02838345357

homestart.craigavon@btopenworld.com



[homestart.craigavon@btopenworld.com](mailto:homestart.craigavon@btopenworld.com)



[homestart.craigavon@btopenworld.com](mailto:homestart.craigavon@btopenworld.com)





**Kids Art** MILLENNIUM COURT

Sew Your Own Superhero Cape  
2-4pm Saturday 14th January £15

Parent & Child Make a Giant Flower  
10am-12pm Saturday 11th February from  
£7.50

Teen Art Development  
1-4pm Saturday 11th February £10

Parent & Child Make &  
Learn to Sew Together  
2-5pm Saturday 11th February £35

Mother & Daughter Retreat Day  
10am-4pm Saturday 25th February £50

Kids Art Club with Daniel  
10.30-12 Saturday 25th February £7.50

3D Printing  
1-4pm Saturday 25th February & Saturday  
25th March £15

**Craigavon Traveller Support Committee**



Invites you to the first screening of four short films depicting the lived experience of Irish Travellers on sites in Craigavon.

In Craigavon Civic Centre

On Thursday 16<sup>th</sup> of February 2023 at 11.00am

*Followed by a light lunch*

RSVP by Friday 9<sup>th</sup> of February by E-mail: [info@craigavontravellers.org](mailto:info@craigavontravellers.org)

or Telephone 02838342089



[info@craigavontravellers.org](mailto:info@craigavontravellers.org)



## TIMETABLE AND SERVICES JANUARY 2023

STARTING 9TH JANUARY 2023

15b Legahory Centre, Craigavon

Contact: 07780 812312 or 07801 753567 – info@thefitzonefoundation.com

DAY	SESSION	TIME	VENUE
MONDAY	HIM – Health In Mind Mens group	10AM - 2PM	FITZONE
	Social Running Group + Social Walking Group	6:30PM	SOUTH LAKE LEISURE CENTRE
	LADIES RESISTANCE BANDS FUNTASTICS	6 - 7PM 6 - 8PM	FITZONE LISMORE SCHOOL
	MENOPAUSE SUPPORT GROUP	7PM	FITZONE
	LAST MONDAY OF THE MONTH		
BLOCK BOOKING - CONTACT FOR MORE INFO			
TUESDAY	METAFIT FOR ALL	6:30 - 7PM	FITZONE
	DANCFIT FOR ALL	7:15 - 8:15PM	FITZONE
WEDNESDAY	CUPPA FOR CARERS	11AM – 1PM	FITZONE
	SUPER CIRCUITS	6PM – 6.45PM	FITZONE
	Social Running Group + Social Walking Group	6:30PM	SOUTH LAKE LEISURE CENTRE
THURSDAY	WWT – Womens Weight Training	6 – 7pm	FITZONE
	YOGALATES FOR ALL	7.15 - 8.15PM	FITZONE
FRIDAY	YOGALATES FOR ALL	9.30 – 10.30AM	FITZONE



**ALL SESSIONS ONLY £1.00**

FOR THE MONTH OF JANUARY 2023

*New Year, New You*

**COME AND GIVE US A TRY**



## Cuppa for Carers

**NEW WEEKLY GET TOGETHER DESIGNED SPECIFICALLY FOR CARERS IN OUR COMMUNITY.**

Carers are people who provide unpaid care and support to family members and friends. **And much, much more...**

Cuppa for Carers aims to promote taking a little break and talking to people who understand what you're going through.

Just a cuppa and chat and opportunity to build a community support network together, so please call and see us and feel free to bring a friend or family member if you wish.

**EVERY WEDNESDAY 11AM – 1.00PM**  
No need to book - Just drop in



Fitzone Healthy Living Centre  
15B Legahory Centre,  
Craigavon BT65 5BE

T: 07801 753567 if you want to get in touch.

CARERS | CUPPA | CHAT | FUN | SUPPORT | RESPITE | OUTINGS  
TRAINING | ADVICE | EVENTS | MEET NEW PEOPLE



[info@thefitzonefoundation.com](mailto:info@thefitzonefoundation.com)



[info@thefitzonefoundation.com](mailto:info@thefitzonefoundation.com)



**CRAIGAVON**

## 10 WEEK MEN'S HEALTH & LIFESTYLE PROGRAMME

**ST ANTHONY'S HALL,  
LEGAHORY CENTRE  
CRAIGAVON**

**FROM WEDNESDAY 11TH JANUARY  
UNTIL 15TH MARCH 2023  
STARTING AT 6.30PM – 8.30PM**

In addition to health checks participants will take part in weekly awareness sessions along with various physical activities. A dedicated member of staff will be on hand every step of the way to ensure you get the best from the programme.

If interested please register your details with Frances Haughey, Health Inequalities Officer, by emailing [frances.haughey@armaghbanbridgecraigavon.gov.uk](mailto:frances.haughey@armaghbanbridgecraigavon.gov.uk) or by calling 075 0077 2905.

**Numbers will be restricted so please register your interest by Friday 6th January 2023.**

   
Project supported by the PHA



[Frances.Haughey@armaghbanbridgecraigavon.gov.uk](mailto:Frances.Haughey@armaghbanbridgecraigavon.gov.uk)

On Monday 19<sup>th</sup> December 2022 the **Portadown Gets Active Christmas Event**, 'Oasis Christmas Village', took place

In the weeks running up to the event, young people associated with the programme had volunteered twice weekly to create all the artwork and prepare the activities for the evening

The event saw 60 families attend for a relaxed Christmas experience and time with family

The event would not have been possible without the incredible team of CIP/Oasis Youth workers & volunteers and Portadown Gets Active's partners, Children in Northern Ireland (CiNI), CYPSP, Armagh City, Banbridge & Craigavon Borough Council, NIACRO / Family Support Hub and Southern Health and Social Care Trust and the programme's primary funder, ALMAC

Click on the image to the right to view a special event highlight video which was prepared by Oasis Youth's Milena



**NEWRY AREA**  
**YOUNG WOMEN'S GROUP**  
IS BACK!!  
**EVERY TUESDAY NIGHT**  
**7 PM TILL 9 PM**  
STARTING 31ST JANUARY

**AGE 12-15**

FOR MORE INFORMATION CONTACT  
*Niamh: 30251515*

**FUN • WORSHOPS • GAMES & MORE!**

**SIGN UP USING THE ATTACHED LINK**

Made with PosterMyWall.com

**ParentsPlus**  
Empowering Professionals to Support Families

**ADHD CHILDREN'S PROGRAMME**  
Limited places available

**FAMILY**

Commencing January 2023

Join our  
**'Parents Plus ADHD programme'**

**Dates and Times: TBC early 2023 (7 weeks)**  
**Location: 5-7 Marcus Street, Newry BT34 1ET**  
To register or for additional information please contact Justina on  
[trainingsupport@bolstercommunity.org](mailto:trainingsupport@bolstercommunity.org) or 028 308 35764




<https://forms.office.com/ResponsePage>



[trainingsupport@bolstercommunity.org](mailto:trainingsupport@bolstercommunity.org)

## Cost of Living Crisis Workshops

  
**Clanrye Group**  
*Here To Support You*

Everyone is currently feeling the pinch due to the Cost of living Crisis. Come along to our workshops to find out information and support to help you during the current economic climate. Don't suffer alone.

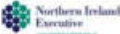
Previous sessions included guest speaker Liz Kimmins MLA, updates with Newry Credit Union, and a free Christmas Workshop.


**Thursday 19th January**  
10am - 11:00am  
Consumer Council NI- will be joining us online in the office from 10am providing advice, guidance, and solutions on the current cost of living.

11:00am - 12:30pm  
Energy efficiency talk will provide an up-to-date information to reduce energy bills in your home and provide tips to keep your home warm.

**Tuesday 31st January**  
10am - 12pm  
Cooking a meal on a budget with demonstration and food supplied to take home with you.

Spaces are limited so if you wish to book your spot please contact Maria Keenan on [maria.keenan@clanryegroup.com](mailto:maria.keenan@clanryegroup.com)




 [maria.keenan@clanryegroup.com](mailto:maria.keenan@clanryegroup.com)





**Better Days**

Pain Support Programme

Do you live with chronic pain?

Supporting people to self-manage their pain and live better and happier lives

My pain had overwhelmed me and I had lost my confidence and drive.

This course has built my confidence and improved my motivation and self-worth.

I am now more confident in being able to manage my own pain and I have a more positive outlook

Carole, 53, Belfast

“

”

**Location: Clanrye Group Newry**

**8 week programme running each week**

**Fridays 11AM - 12.30PM**

**Beginning Friday 27th January**

To book contact Leanne on [leanne.taylor@clanryegroup.com](mailto:leanne.taylor@clanryegroup.com) or phone 028 3089 8119



Public Health Agency  
Project supported by the PHA



Health Living Centre Alliance



Health and Social Care Board

 [leanne.taylor@clanryegroup.com](mailto:leanne.taylor@clanryegroup.com)

**BE ACTIVE**  
Spaces are Limited. Book now on - [www.newrymouredown.org/be-active-app](http://www.newrymouredown.org/be-active-app)



## DOWN LEISURE CENTRE

**MONDAY**

Beginners Bootcamp	10AM - 10:45AM
Boccia	11AM - 12PM
Water Aerobics	12:15PM - 12:45PM
Pickleball / Badminton / Table Tennis	1PM - 1:45PM
Teen Gym (12 - 15 years)	3:45PM - 4:45PM

**TUESDAY**

Parent & Baby Fitness	9:30AM - 10:30AM
Chi Me (Gentle Tai Chi)	11AM - 11:30AM
Lunch Time Bootcamp	12PM - 1PM
Male Circuit Sessions	1PM - 1:45PM
Teen Fitness (12 - 15 years)	3:45PM - 4:45PM

**WEDNESDAY**

Spinning for Beginners	9:30AM - 10AM
Water Aerobics	12:15PM - 12:45PM

**THURSDAY**

Parent & Baby Fitness	9:30AM - 10:30AM
Move More Circuits	11AM - 11:45AM
Fitness for Females	12PM - 1PM
Strength & Balance	2PM - 2:45PM
Teen Gym (12 - 15 years)	3:45PM - 4:45PM

**FRIDAY**

Lets Get Active (Activities and Social Time)	10AM - 12PM
Water Aerobics	12:15PM - 12:45PM
Walking Group (Beginning Friday 3rd February 2023)	1:30PM - 2:30PM

For private community group bookings or more information on Leisure Centre classes please call or text Conor on: 07966771653

**JAN - MAR 2023**  
**BOOKABLE NOW**



Clanrye Group  
Here To Support You



**£2 PER SESSION**  
**£30 FOR 20 SESSIONS**  
**£15 DD UNLIMITED SESSIONS**

**BE ACTIVE**  
Spaces are Limited. Book now on - [www.newrymouredown.org/be-active-app](http://www.newrymouredown.org/be-active-app)



## KILKEEL & NEWCASTLE LEISURE CENTRES

**MONDAY - KILKEEL**

Older & Active	10AM - 11:30AM
Water Aerobics	1PM - 1:30PM
LJIT (Low Intensity Interval Training)	2PM - 2:45PM
Kids Multi-Sports (P1 - P3)	3PM - 3:45PM
Soccer Skills (P4 - P7)	4PM - 4:45PM

**TUESDAY - KILKEEL**

Beginners Bootcamp	10AM - 10:45AM
Parent & Baby Walking Group	11AM - 11:45AM
Strength & Balance	12PM - 12:45PM
Teen Gym (12 - 15 years)	3:30PM - 4:15PM
Teen Gym (12 - 15 years)	4:15PM - 5:00PM

**THURSDAY - NEWCASTLE**

*Newcastle classes will be held in the bowling pavilion*

Parent & Baby Fitness	9:30AM - 10:15AM
Older and Active Session (Activities and Social Time)	10:30AM - 11:30AM
Chi Me (Gentle Tai Chi)	11:30AM - 12:15PM
Walking Group	12:30PM - 1:15PM
Teen Gym (12 - 15 years) - Newcastle Centre	4PM - 5PM

**FRIDAY - KILKEEL**

Parent & Baby Fitness	10AM - 10:45AM
Walking Group	11AM - 12PM
Chi Me (Gentle Tai Chi)	12PM - 12:45PM
Water Aerobics	1:30PM - 2PM
Spinning for Beginners (Learn to spin)	2:30PM - 3PM

For private community group bookings or more information on Leisure Centre classes please call or text Amy on: 07773036069

**JAN - MAR 2023**  
**BOOKABLE NOW**



Clanrye Group  
Here To Support You



**£2 PER SESSION**  
**£30 FOR 20 SESSIONS**  
**£15 DD UNLIMITED SESSIONS**

**BE ACTIVE**  
Spaces are Limited. Book now on - [www.newrymouredown.org/be-active-app](http://www.newrymouredown.org/be-active-app)



## NEWRY LEISURE CENTRE

**MONDAY**

50+ Gym	10AM - 10:45AM
Water Aerobics	11AM - 11:30AM
Badminton/Pickleball/Tabletennis	12PM - 1PM
Teen Gym	3:45PM - 4:45PM

**TUESDAY**

Strength and Balance	10AM - 10:45AM
Beginners Circuits	11AM - 11:45AM
Chi Me (Gentle Tai Chi)	1PM - 1:45PM
Spinning for Beginners	2PM - 2:30PM
Teen Gym	4PM - 5PM
Couch to 5K (St. Colman's Track) - Beginning Tuesday 7th February 2023	6:15PM - 7PM

**THURSDAY**

Nordic Walking (WIN Industrial Estate, Newry Tow Path)	10AM - 11AM
Chi Me (Gentle Tai Chi)	11:15AM - 12PM
Water Aerobics	1:30PM - 2PM
Couch to 5K (St. Colman's Track) - Beginning Tuesday 7th February 2023	6:15PM - 7PM

**FRIDAY**

Parent and Baby Fitness	10AM - 11AM
Indoor Cycle	11:30AM - 12PM
50+ Gym	1PM - 2PM

For private community group bookings or more information on Leisure Centre classes, please call or text Laura on: 07512304828

**JAN - MAR 2023**  
**BOOKABLE NOW**



Clanrye Group  
Here To Support You



**£2 PER SESSION**  
**£30 FOR 20 SESSIONS**  
**£15 DD UNLIMITED SESSIONS**



**Comhairle Cuimhne an Iúir, Mhúrn agus an Dúin**  
Newry, Mourne and Down  
District Council

## Supporting You with the Cost of Living

### KEEPING WARM AND WELL EVENTS

- \* Free to attend \* Open to everyone
- \* Refreshments available on the day
- \* Free draw for a slow cooker \* Free winter essentials giveaways

Your chance to get valuable information on benefits, energy efficiency, home safety, health, debt, fire safety and consumer advice from a range of support agencies.

Held along with Newry and Downpatrick's Open House sessions.

**Newry Leisure Centre**  
Monday 23 January from 9am-2pm

**Down Arts Centre, Downpatrick**  
Monday 30 January from 9.30am-2pm







Community Services, Facilities and Events  **Let's talk Makaton**

## Makaton – Level 1 (2week course)

<b>Monday's</b>	<b>13<sup>th</sup> &amp; 20<sup>th</sup> February 2023</b>	<b>Bessbrook Community Centre</b>	<b>6pm – 9pm</b>
<b>Monday's</b>	<b>27<sup>th</sup> Feb &amp; 6<sup>th</sup> March 2023</b>	<b>Bessbrook Community Centre</b>	<b>6pm – 9pm</b>



On completion of Makaton Level 1 participants will learn up to 450 signs and symbols, the BSL Alphabet, and practice and observe others using them.

Fee of £10 for 2week course

This course is funded by Department for Communities (DFC) as part of the Bessbrook Areas at Risk Community Training Programme, therefore priority will be given to residents of the Bessbrook area. However, due to demand, this activity could be offered to people from other surrounding areas, so please register your interest.

**Pre-Booking is essential** – Limited spaces (15) available on each course. To record your interest please complete the registration form via the Link:  
<https://forms.office.com/e/jXPD6vnuLm>

Payment will be taken by card over the phone. Bookings will only be confirmed when payment has been received. Payments are non-refundable.

Presented by  
**Communities**

Partner  
**Pobal**

Department for  
**Communities**

**Workshop will be provided by:**



Ag Fiosalta ar an Duin  
Agas Anú Mhacha Thosa  
Serving Down  
and South Armagh



Comhairle Ceantair  
**an Iúir, Mhúrn agus an Duin**  
Newry, Mourne and Down  
District Council



<https://forms.office.com/e/jXPD6vnuLm>



Event  
taking place  
**TOMORROW**

## COSTA 'Open Door Day'

**Friday 20th January 2023**

*One-to-one support sessions for local groups in the  
Dungannon & South Tyrone Area of Mid Ulster  
in COSTA at President Grants Homestead  
Sessions can also be held via Phone or Zoom*

*- Pre-booking a time slot in advance is ESSENTIAL -*  
Please advise of nature of assistance required when booking:

*Timeslots:*

*9:30am – 11:00am*

*11:30am – 1:00pm*

*2:00pm – 3:30pm*

*3:30pm – 5:00pm*

To book your slot Tel: 028 855 56880 or email:  
[info.costa@btconnect.com](mailto:info.costa@btconnect.com)

**A great opportunity to get assistance with Charity Registration or  
Annual Returns, or discuss the fundraising or governance  
needs most relevant to your organisation e.g. identifying suitable  
funding, diversifying income streams, fundraising,  
policies/procedures, communications or sounding out some  
ideas.**



Community  
Organisations of  
South  
Tyrone &  
Area

## **COSTA Training & Information Workshops January 2023**

**A Quick Guide to GDPR / Data Protection**  
**Friday 27th January 2023 @ 11:00am via Zoom**  
<https://us02web.zoom.us/j/7379331902>

*All Workshops are FREE and open to all interested parties.  
Please log-in 5 minutes before start time.*

To join a Webinar via Zoom on your lap top / tablet / desk top or  
smart phone

Click on the relevant Workshop link above at the scheduled time.  
Workshops can also be requested specifically for your own Group /  
organisation.

If you group requires any training or capacity building please contact  
us any time.

We can also develop and / or facilitate other training needs



[info.costa@btconnect.com](mailto:info.costa@btconnect.com)

## Are you interested in becoming a Registered Childminder?



Mid Ulster Labour Market Partnership in collaboration with NICMA are delivering a Registered Childminder academy (25 spaces available)

**Do you meet the following criteria?:**

- Resident of Mid Ulster District Council Area;
- Over the age of 18
- And are:
  - Unemployed or under-employed (working less than 16hours per week);
  - Seeking Career progression through upskilling or reskilling; or
  - At risk of redundancy



If so get in contact with Grainne Scullion on 07517472271 or [grainne.scullion@nicma.org](mailto:grainne.scullion@nicma.org) and we can support you through the registration process.



Mid Ulster Labour Market Partnership  
Working Together



[grainne.scullion@nicma.org](mailto:grainne.scullion@nicma.org)

## Mid Ulster District Council Community Grants 2023 / 2024

Mid Ulster District Council's 2023 / 2024 Grant Programme will be open for applications on Monday 30<sup>th</sup> January until Thursday 16<sup>th</sup> March 2023.

To make an online application visit [www.midulstercouncil.org/resident/grants](http://www.midulstercouncil.org/resident/grants)

### Grant Categories

#### Category 1

- Small Development Grant
- Community/Sports Venue/Facilities Grant
- Strategic Arts & Culture Grant
- Strategic Sports Development Grant
- Strategic Community Development Grant

#### Category 2

- Strategic Events Grant
- Irish Language Activity Grants
- Irish Language Bursaries
- Good Relations Grant \*
- Community Local Festivals Grant\*
- Sports Representative Grant (Team & Individual)

#### Category 3

- Miscellaneous Grants not online (need to speak with designated grant officers)
- Capital Discretionary Grant
- School Sports Access Grant

*\*Applications to rolling grant programmes are accepted throughout the year, and should be submitted 6 weeks in advance of the project/event.*



[www.midulstercouncil.org/resident/grants](http://www.midulstercouncil.org/resident/grants)

## Winter Health & Wellbeing Event



Guest Speakers

Tips on eating healthier

Energy & money saving tips

Practical Demonstrations

Reducing food waste



**Tuesday 24th January**  
**In Kilcronaghan Community Centre**  
10 Rectory Rd, Tobermore BT45 5QP 028 7962 7826  
**From 10.00 am - 12 noon**  
Come along to find out what support is available for YOU or your family  
For more information, please contact Anita - CWSAN: [healthalliance@cwsan.org](mailto:healthalliance@cwsan.org)

Information Stands

Take home recipes

Tips for moving more

Community Safety

Free Tea/Coffee & lunch served



This event is kindly funded through the Northern Healthy Lifestyle Partnership 'Choose to live better' Programme via CWSAN & MUDC



## Winter Health & Wellbeing Event



Guest Speakers

Tips on eating healthier

Energy & money saving tips

Practical Demonstrations

Reducing food waste



**Wednesday 1st February**  
**In Rowan Tree Centre,**  
Tanderagee Road Pomeroy BT70 3FD  
**From 2.00 pm - 4.00 pm**  
Come along to find out what support is available for YOU or your family  
For more information, please contact Anita - CWSAN: [healthalliance@cwsan.org](mailto:healthalliance@cwsan.org) or M: 075 4063 5862  
Everyone welcome!

Information Stands

Take home recipes

Tips for moving more

Community Safety

Free Tea/Coffee & lunch served



This event is kindly funded through the Northern Healthy Lifestyle Partnership 'Choose to live better' Programme via CWSAN & MUDC



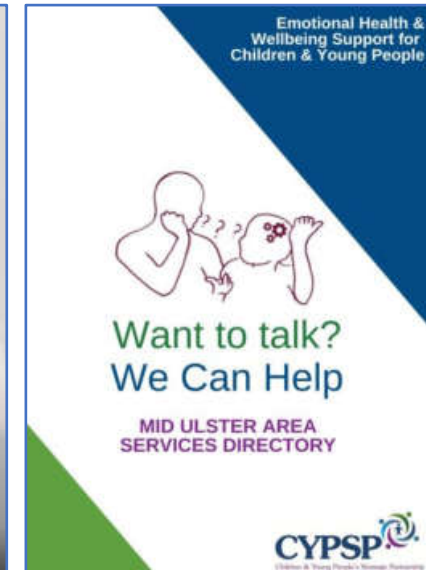
[healthalliance@cwsan.org](mailto:healthalliance@cwsan.org)

On Tuesday 25<sup>th</sup> October 2022 the Mid Ulster and Dungannon LPGs jointly hosted the '**Can We Talk**' Event, for practitioners, at the Glenavon House Hotel, Cookstown

The aims of the day were to:

- ✓ Identify needs and barriers facing children and young people regarding their emotional wellbeing and mental health in the Mid Ulster area
  - ✓ Showcase local support services in order to increase knowledge among practitioners
- ✓ Give attendees the opportunity to network and reconnect after lockdown had prevented face to face meetings over the previous 2 years

Click on the images below to view/download the **Report Card**, **Event Video** and **Services Directory** (which includes information on all stall holders from the day)



## SUBMISSION

- ✓ Submit the information in the format you would like it to be included. We can't transform a word-heavy document into a flyer.
- ✓ Less words, bigger pictures!
- ✓ We do not advertise or endorse those events or programmes which are privately funded as a business.
- ✓ Information will usually be included for x1 edition, unless otherwise requested.



## GUIDELINES

- ✓ 'FYI' will usually be issued every fortnight, on a Thursday afternoon. Please send your articles for inclusion by 5pm of the Tuesday prior to this.
- ✓ We may have to decline to advertise information which is not applicable to better outcomes for children and young people.
- ✓ Your feedback is welcome. (We are not perfect, but strive to be as good as we can.)
- ✓ Please let us know if 'FYI' has helped your service, event or activity in any way.



Click on the below issue nos. to view recent editions of 'FYI':

[Issue 95](#)  
5<sup>th</sup> January 2023

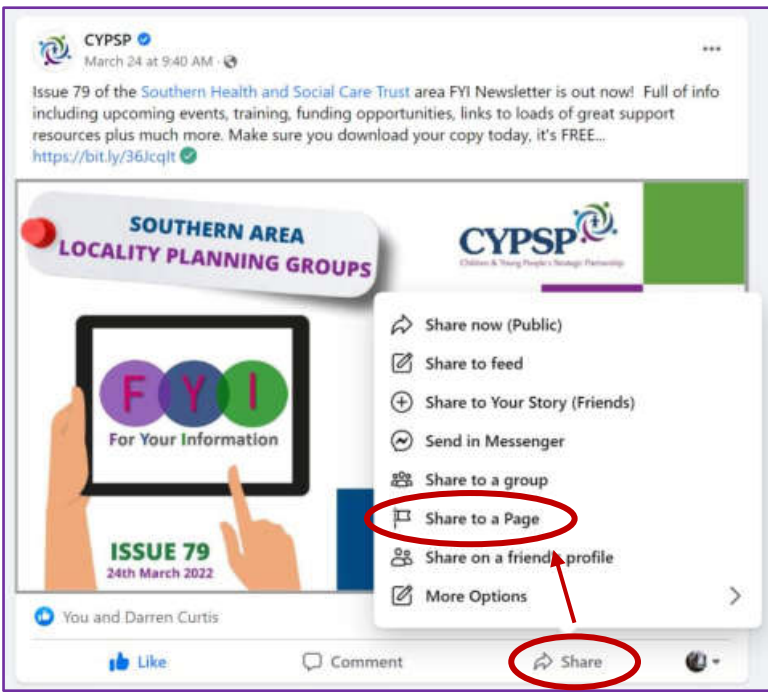
[Issue 94](#)  
8<sup>th</sup> December 2022





Please note, content will be displayed differently depending on the device being used

# SHARING 'FYI' – SOCIAL MEDIA "HOW TO"

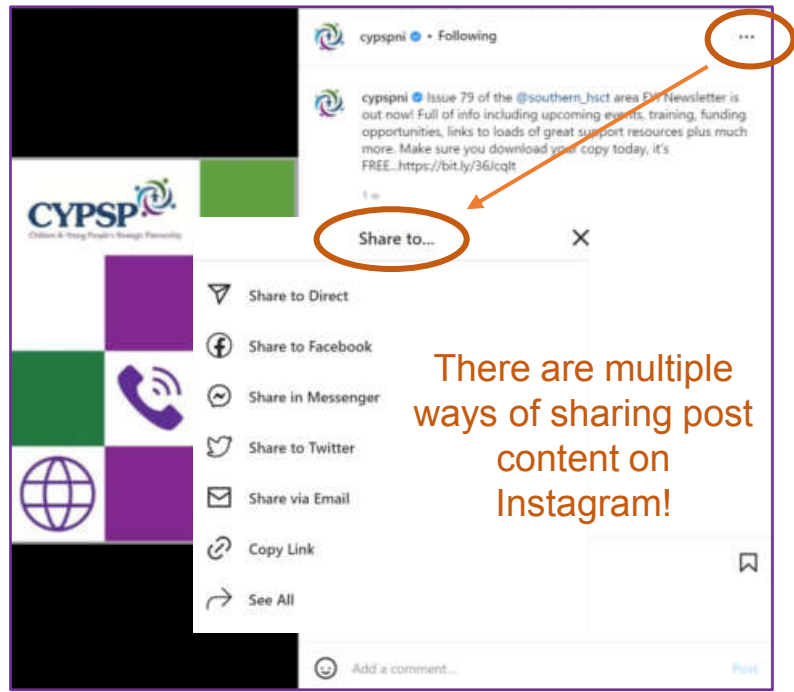


If sharing to your organisation's page, use 'Share to a Page'  
 (You need to have Admin permissions to do this)  
 Otherwise, you can share to your own personal page, as well as into Facebook Groups which you are a member of



If logged in on your organisation's Twitter account, you can retweet to their page

- Undo Retweet
- Quote Tweet
- Send via Direct Message
- Bookmark
- Copy link to Tweet
- Share Tweet via ...



There are multiple ways of sharing post content on Instagram!

Alternatively, you can copy the link to include in a new tweet and you can also send the Tweet link via Direct Message to chosen contacts



### UPCOMING 2023 LPG MEETINGS

Banbridge	Wed. 25 <sup>th</sup> Jan.
Dungannon	Tues. 31 <sup>st</sup> Jan.
South Armagh	Tues. 7 <sup>th</sup> Feb.
Newry & Mourne	Wed. 15 <sup>th</sup> Feb.
Armagh	Thur. 9 <sup>th</sup> Mar.
Craigavon	Tues. 14 <sup>th</sup> Mar.

Meetings are usually scheduled to begin at 10am  
 Formats will alternate between face-to-face & Zoom  
 (Refer to the 2023 Meetings Calendar on our [Linktree](#))



**CYPSP Locality Planning**  
Southern Trust Area

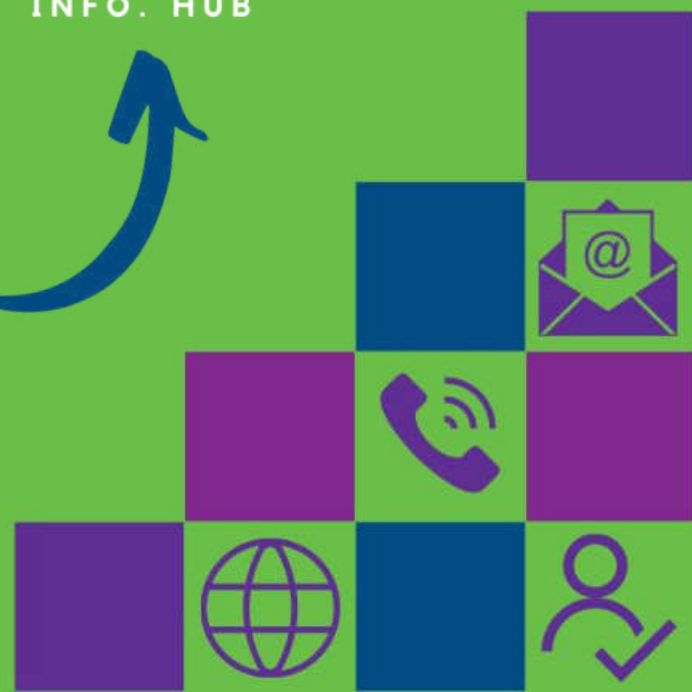
\*\*\* FEATURED RESOURCES \*\*\*

- 'Can We Talk' Scorecard
- 'Can We Talk' Event Video
- 'Can We Talk' Support Services Resource

STAY CONNECTED!



SCAN QR CODE  
FOR INSTANT  
ACCESS TO OUR  
INFO. HUB



For further information on Locality Planning or 'FYI', contact:  
 Joanne Patterson ([localityplanning@ci-ni.org.uk](mailto:localityplanning@ci-ni.org.uk)) or Darren Curtis (07725232566)  
 CYPSP, 2<sup>nd</sup> Floor, Health & Social Care Board, Tower Hill, Armagh. BT61 9DR





For Your Information

# NEXT ISSUE

**2nd February  
2023**

**Submission  
Deadline:**

**31st January  
2023**



[localityplanning@ci-ni.org.uk](mailto:localityplanning@ci-ni.org.uk)